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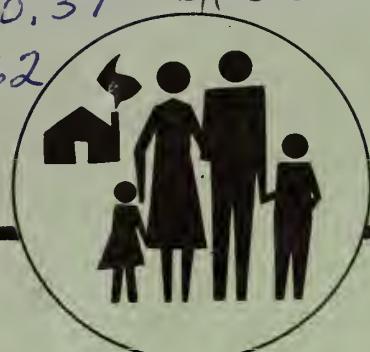


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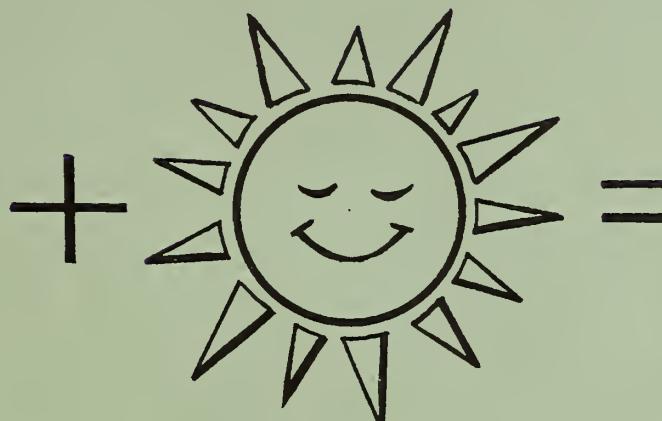


# RAISINS

a good choice for the thrifty family



Grapes



The Sun



Raisins

**RAISINS are a ready-to-eat ENERGY food**

**RAISINS help build blood**

Use Raisins:

for—Snacks



With—Cereal



In—



Salads



Desserts



Main Dishes

### **Quick Raisin Bread**

$\frac{1}{3}$ cup fat (shortening, margarine or butter)	2 cups flour
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ teaspoon salt
2 eggs	1 tablespoon baking powder
$\frac{3}{4}$ cup milk	1 teaspoon cinnamon, if you like
	1 cup raisins

Softens fat. In a large bowl, mix fat and sugar until smooth. Add eggs and beat well. Stir in half the milk. Mix flour, salt, baking powder and cinnamon, if used. Add half of flour mixture to egg mixture and mix well. Stir in rest of milk and flour mixture. Add raisins and mix well. Pour into a well greased loaf pan. Bake at 350°F (moderate oven) 40 minutes.

### **Mexican Dinner**

$\frac{1}{4}$ cup fat	1 tablespoon chili powder
$\frac{1}{2}$ cup uncooked rice	1 cup cooked or canned tomatoes
1 medium-size onion	2 cups water
1 pound of ground beef	1 cup raisins
2 teaspoons salt	

Heat fat in large fry pan. Add rice. Cook and stir over low heat until lightly browned. Chop onion. Add onion and meat to rice. Cook, stirring all the time, until meat is browned. Add rest of ingredients and mix well. Cover and cook for 45 minutes or until rice is cooked. Add more water, if needed. Makes 6 servings, 1 cup each.

### **Glazed Carrots and Raisins**

6 medium-size cooked carrots	2 tablespoons sugar
$\frac{1}{2}$ cup water	$\frac{1}{2}$ cup raisins
2 tablespoons fat (margarine or butter)	

Cut carrots into strips. Mix water, fat, sugar and raisins in a pan. Bring to boiling. Add carrots. Lower to medium heat. Gently stir and cook until carrots are hot, about 10 minutes. Makes 6 servings,  $\frac{1}{2}$  cup each.

### **Sweetpotato-Raisin Patties**

4 medium-size cooked sweetpotatoes	3 tablespoons flour
1 egg	$\frac{1}{2}$ cup raisins
$\frac{1}{2}$ teaspoon salt	2 tablespoons fat

Mash sweetpotatoes. Beat in egg, salt and flour. Stir in raisins and mix well. Melt fat in fry pan. Put sweetpotato mixture by tablespoonfuls in heated fry pan. Brown on both sides. Makes about 24 patties.

### Raisin Fritters

2 eggs	1/2 teaspoon salt
3/4 cup milk	2 teaspoons baking powder
2 teaspoons melted fat or oil	1 cup raisins
1 3/4 cups flour	Fat or oil for frying

Beat eggs in large bowl. Stir in milk. Add fat, flour, salt and baking powder and mix well. Stir in raisins and mix well. Drop batter by teaspoonfuls into 1 inch of hot fat or oil in a fry pan. Fry until golden brown on all sides. Remove from fat and drain. Makes about 24 fritters.

### Raisin Sirup

1 cup sugar	1/2 cup corn sirup
2 tablespoons cornstarch	1 cup water
1/4 teaspoon cinnamon	1/4 cup fat (margarine or butter)
	1 cup raisins

Mix all ingredients except raisins in a pan. Bring to boiling. Lower to medium heat. Cook 3 minutes. Stir in raisins. Serve over pancakes, French toast, or fritters. Makes 2 1/2 cups sirup.

### Raisin Sauce for Meat

3 cups raisins (1 pound)	2/3 cup brown sugar, packed
2 1/2 cups water	1/2 cup vinegar

Put raisins in a pan. Add water and let soak for 2 hours. Boil slowly 30 minutes or until half the water has boiled away. Add sugar and vinegar and boil slowly 45 minutes. Serve hot with baked donated canned chopped meat, luncheon meat, ham or other meat. Makes 3 cups sauce.

### Apple-Raisin Salad

2 medium-size apples	1 cup raisins
2 tablespoons lemon juice	1/4 cup mayonnaise or cooked
1/2 small head cabbage	salad dressing
	Salt to taste

Wash apples well. Core apples and cut into small pieces. Add lemon juice and mix well. Finely chop cabbage. Mix apples with raisins and cabbage. Add mayonnaise or salad dressing and salt. Mix lightly. Chill before serving. Makes 6 servings, 2/3 cup each.

### Carrot-Raisin Salad

6 medium-size carrots	1/4 cup mayonnaise or cooked
1 cup raisins	salad dressing

Finely cut up carrots. Mix all ingredients well. Chill. Makes 6 servings, 1/2 cup each.

### Raisin-Stuffed Baked Apples

6 baking apples	1/2 teaspoon cinnamon
1 cup raisins	1/2 teaspoon nutmeg, if you like
1/2 cup honey	1 cup water
1 tablespoon fat (margarine or butter)	

Wash apples well. Core apples and put in baking pan. Mix raisins, honey, fat and cinnamon. Add nutmeg, if used. Fill apples with raisin mixture. Pour water into pan. Bake at 375°F (moderate oven) 45 minutes or until apples are tender. Makes 6 servings, 1 apple each.

### Raisin Pie

2 cups water	1/4 cup lemon juice
2 cups raisins	1/2 cup chopped nuts, if you like
1/2 cup sugar	Unbaked pastry for two-crust pie
2 tablespoons flour	

Bring water to boiling. Add raisins, cover and cook 5 minutes. Mix sugar and flour and stir into raisins. Lower to medium heat. Cook, stirring all the time, until mixture boils. Boil 1 minute. Remove from heat. Stir in lemon juice. Add nuts, if used. Pour into *unbaked* pie crust. Cover with top crust. Bake at 425°F (hot oven) 30 minutes or until browned.

### Pastry for Two-Crust Pie

2 cups flour	2/3 cup fat
1 teaspoon salt	About 4 tablespoons cold water

Mix flour, salt and fat with a fork until mixture is like cornmeal or grits. Sprinkle water over mixture and stir with a fork until dough sticks together but is not wet. Shape dough into 2 balls. Spread a little flour on a flat surface and on a rolling pin. Roll out one ball of dough. Fit rolled dough into a pie pan. Put in pie filling. Roll out other ball of dough and put on top of pie filling. Fold top edge under bottom crust and press together. Cut several slits near center of top crust to let out steam. Bake as directed for the pie filling used.

### Peanut Butter-Raisin Chews

1 cup peanut butter	1 cup powdered sugar
1 cup corn sirup	1 cup raisins
1 cup nonfat dry milk	

Mix all ingredients except raisins. Add raisins and mix well. Press out 1/2 inch thick in a pan. Cut into pieces. Chill before serving. Makes about 25 pieces.

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